

**Upward Bound
Summer, 2009
Freshman / Sophomore Foundations
Section A**

Instructors: Ms. Shober, Ms. KA, Ms. HB, and occasional guest instructor/s

Location: Stroud 203, M-Th, 1 – 2:20

Goals: This team-taught course seeks to reach the following goals in six weeks:

- ✓ To prepare current underclassmen for high school decision making
- ✓ To review how decisions made in high school impact college
- ✓ To assist current underclassmen in making smart decisions regarding high school scheduling, self-worth, health and wellness.
- ✓ To inform underclassmen of the policies and procedures necessary for success in Upward Bound.
- ✓ To allow current underclassmen the opportunity to work together in an effort to create a strong social bond / support system.

Grading: Open discussion, completion of assignments, and active attendance will be important in determining your final grade in the course. If you refuse to speak during class or act like a fool in an effort to get our attention or the attention of your peers, and if you fail to do the assignments, the highest grade you can hope for will be a D. You're expected to participate in class actively. We learn best from each other and we learn the most from active discussion, therefore the two are crucial in class.

“I didn’t get that...” If you're late and miss part of the lecture or if you're absent, it's your responsibility to speak with your peers and obtain the work you've missed prior to coming to the next class. If you've met with them and still don't understand the assignment, seek out your instructor. Don't expect us to track you down. This is a class which will prepare you for college and in college, the onus is on you to obtain the materials you miss.

Late assignments: If you miss class, the work is due the next day. After that, the assignment won't be accepted, and you'll receive a zero for it. Again, this is preparation for college.

Cheating: Simple – do it and risk expulsion from the program. We do not tolerate any form of academic theft in Upward Bound.

Classroom Ettiquette: No food or drinks in class unless you bring enough for all of us. If you have to leave early, sit near the door so you won't disturb others. If you come in late, slink in quietly, look ashamed, and see your instructor after class for the work you've missed / to provide an excuse. Laugh politely at our jokes. Do not wince when KA sings unless her back is turned. If you

don't understand something, ask. Finally, be courteous to your fellow students and your instructors

Tentative Schedule:

Week One:

M 6/22 Syllabus review / Handbook review
Ms. HB

T 6/23 Roommate conflicts / Team Building
Ms. S

W 6/24 Handbook Review, Part II – Rules here and at home, “Holding your fee to the fire,” lying, and interpersonal skills (handshakes, introductions, leaving messages, eye contact)
Ms. KA

Th 6/25 What is a career?
Ms. S.

Week Two:

M 6/29 The Incredible Egg Drop!
Ms. HB.

T 6/30 What are your interests?
Ms. S.

W 7/1 Values – Define, select your top 10, and then limit it to 3
Ms. KA

Th. 7/2 No classes – 4th of July Holiday

Week Three:

M 7/6 Row, Row, Row Your Boat and Carrying Your Own Skis
Ms. HB

T 7/7 How are careers organized?
Ms. S

W 7/8 Maslow's Hierarchy of Need: Why do I do the things I do or
Ms. KA What does it mean for you?

Th 7/9 What careers relate to your interests?
Ms. S

Week Four:

- M 7/13 Someone May Be Watching: MySpace and Facebook
Ms. HB
- T 7/14 NYC Trip – Make up class will be on Friday
- W 7/15 Personal Responsibility Defined: What does it mean in terms of school,
Ms. KA parents, peers, friends, drugs, sex, music, your life style
- Th 7/16 “Pursuit of Happyness”
Ms. S
- F 7/17 “Pursuit of Happyness”
Ms. S

Week Five:

- M 7/20 The Brain
Ms. HB
- T 7/21 Procrastination
Ms. S
- W 7/22 Conflict: Parents, Roommates, Peers, Friends, Enemies
Ms. KA
- Th 7/23 “A Hidden America: Children of the Mountains”
Ms. S.

Week Six

- M 7/27 Thank you, and good luck!
Ms. HB
- T 7/28 Oprah’s children
Ms. S
- W 7/29 Hidden Rules: What are they, define them, and identify them. Where do
Ms. KA they come from?
- Th 7/30 Final exam / course wrap up
Ms. S

**Upward Bound
Summer, 2006
Freshman / Sophomore Foundations
Section B**

Instructors: Ms. Shober, Ms. KA, Ms. HB, and occasional guest instructor/s

Location: Stroud 201, M-Th, 1 – 2:20

Goals: This team-taught course seeks to reach the following goals in six weeks:

- ✓ To prepare current underclassmen for high school decision making
- ✓ To review how decisions made in high school impact college
- ✓ To assist current underclassmen in making smart decisions regarding high school scheduling, self-worth, health and wellness.
- ✓ To inform underclassmen of the policies and procedures necessary for success in Upward Bound.
- ✓ To allow current underclassmen the opportunity to work together in an effort to create a strong social bond / support system.

Grading: Open discussion, completion of assignments, and active attendance will be important in determining your final grade in the course. If you refuse to speak during class or act like a fool in an effort to get our attention or the attention of your peers, and if you fail to do the assignments, the highest grade you can hope for will be a D. You're expected to participate in class actively. We learn best from each other and we learn the most from active discussion, therefore the two are crucial in class.

“I didn’t get that...” If you're late and miss part of the lecture or if you're absent, it's your responsibility to speak with your peers and obtain the work you've missed prior to coming to the next class. If you've met with them and still don't understand the assignment, seek out your instructor. Don't expect us to track you down. This is a class which will prepare you for college and in college, the onus is on you to obtain the materials you miss.

Late assignments: If you miss class, the work is due the next day. After that, the assignment won't be accepted, and you'll receive a zero for it. Again, this is preparation for college.

Cheating: Simple – do it and risk expulsion from the program. We do not tolerate any form of academic theft in Upward Bound.

Classroom Etiquette: No food or drinks in class unless you bring enough for all of us. If you have to leave early, sit near the door so you won't disturb others. If you come in late, slink in quietly, look ashamed, and see your instructor after class for the work you've missed / to provide an excuse. Laugh politely at our jokes. Do not wince when KA sings unless her back is turned. If you

don't understand something, ask. Finally, be courteous to your fellow students and your instructors.

Tentative Schedule:

Week One:

M 6/22 Syllabus review / Handbook review / Roommate conflicts / Teambuilding
Ms. S.

T 6/23 Handbook Review, Part II – Rules here and at home, “Holding your fee to
Ms. KA the fire,” lying, and interpersonal skills (handshakes, introductions,
leaving messages, eye contact)

W 6/24 What is a career?
Ms. S

Th 6/25 The Incredible Egg Drop!
Ms. HB

Week Two:

M 6/29 What are your interests?
Ms. S.

T 6/30 Values – Define, select your top 10, and then limit it to 3
Ms. KA

W 7/1 How are careers organized?
Ms. S.

Th. 7/2 No classes – 4th of July Holiday

Week Three:

M 7/6 What careers relate to your interests?
Ms. S

T 7/7 Maslow's Hierarchy of Need: Why do I do the things I do or
Ms. KA What does it mean for you?

W 7/8 Body image / food pyramid
Ms. S

Th 7/9 Row, Row, Row Your Boat and Carrying Your Own Skis
Ms. HB

Week Four:

M 7/13 Ms. S	“Pursuit of Happyness”
T 7/14	NYC Trip – Make up class will be on Friday
W 7/15 Ms. S	“Pursuit of Happyness”
Th 7/16 Ms. HB	Someone May Be Watching: MySpace and Facebook
F 7/17 Ms. KA	Personal Responsibility Defined: What does it mean in terms of school, parents, peers, friends, drugs, sex, music, your life style

Week Five:

M 7/20 Ms. S.	“Procrastination
T 7/21 Ms. KA	Conflict: Parents, Roommates, Peers, Friends, Enemies
W 7/22 Ms. S	“A Hidden America: Children of the Mountains”
Th 7/23 Ms. HB	The Brain

Week Six

M 7/27 Ms. S	Oprah’s Children
T 7/28 Ms. KA	Hidden Rules: What are they, define them, and identify them. Where do they come from?
W 7/29 Ms. S	TBA
Th 7/30 Ms. HB	Final exam / course wrap up